

FACES OF FRIENDSHIP

AUGUST 2023



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Friendship Terrace does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, elderliness, familial status, or handicap in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the facilities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



FRIENDSHIP ART EXHIBIT



The Friendship Terrace residents displayed some of their art pieces in our 2nd floor lounge for the Friendship Terrace Art Exhibit.

TRIVIA & BINGO



Residents enjoyed some trivia on the patio with our Service Coordinators Rahell Negash and Mary Toussaint. Student volunteer Grant Davis of St. Albans School played bingo with our residents in the game room.



Crabby Road

7-15-11

Greatest Hits

This summer I just might stay home and do nothing ... except on weekdays, when I'll go in to work and do nothing.



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AUGUST BIRTHDAYS

Birthstone: Peridot **Flower:** Gladiolus **Zodiac:** Leo/ Virgo

Bernard, Lawrence	8/02	Ostrove, Ruth	8/28
Baetz, Barbara	8/04	Dupree, Jamie	8/29
Carter, Iris	8/06	Kowalsky, Mary Jane	8/29
Pearson, Miriam	8/10	Yu, Yung	8/29
Wright, Merryl	8/13	Gonzalez, Carmen	8/30
Brennan, Sandra	8/17	Franklyn, Margaret	8/31
Hewson, Teresa	8/17		
Schram, Mary Lou	8/20		
Rhodes, Susie	8/28		



CENTER FOR DISEASE CONTROL INFORMATION

We will continue to keep you informed of any new changes regarding the COVID-19 pandemic, as they relate to Friendship Terrace or the greater District of Columbia area.

If you have any questions about COVID-19, Friendship Terrace recommends you check out the following resources:

- DC Corona virus Website: [Coronavirus.dc.gov](https://www.coronavirus.dc.gov)
- Centers for Disease Control Website: [CDC.gov](https://www.cdc.gov)
- State Department Website: [State.gov](https://www.state.gov)
- DC Health Website: [Dchealth.dc.gov](https://www.dchealth.dc.gov)
- Muriel Bowser, DC Mayor Website: [Mayor.dc.gov](https://www.Mayor.dc.gov)

HOUSE RULES HIGHLIGHTS

Resident agrees that the following House Rules and any additional reasonable rules and regulations subsequently adopted by Landlord/Owner of which Resident receives reasonable notice shall be part of this lease and shall be incorporated by reference herein. Resident further agrees that any failure by Resident, or failure by others on the property with the consent of resident, to abide fully by such rules and regulations may be deemed by Landlord/Owner as a default by Resident and breach of this lease:

3. KEYS. Key replacements are charged at market rate plus 40%. Residents are not permitted to give keys to anyone not listed in the lease agreement.

17. OBSTRUCTIONS. Resident agrees:

- * Sidewalks, entries, hallways, passages, and stairways shall not be obstructed, nor shall they be used in a manner that would be unreasonably delay or impede a resident from entering and exiting the building and apartments.**
- *The breaker box (circuit panel) cannot be blocked. This does not apply to a hanging picture that can be easily removed.**
- * Access to windows in each room of the apartment cannot be blocked.**

This community does not discriminate on the basis of race, color, sex, national origin, religion, age, marital status, personal appearance, sexual orientation, gender identity, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, victim of an intra-family offense, place of residence or business, in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. The Administrator at 4201 Butterworth Place, N.W., Washington, DC, 20016, Tel: 202-244-7400, DC Relay Service 1-800-643-3769, 1-800-643-3768 (TTY), has been designated to coordinate compliance with the non-discrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR Part 8 dated June 2, 1988.) Occupancy is open to all persons who meet the community's eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



From the Service Coordinator

A monthly publication to keep you informed about wellness programs and events

AUGUST, 2023

Hello Friendship Terrace family!

It's August and time for Summertime Staycations at Friendship Terrace!!!

Can't get away? No time for a vacation? There is no such thing, just use your imagination!

Here are 4 things you can do here at Friendship Terrace to enjoy a great staycation alone or with your neighbors. Anything goes!

- Soak up the sun at the Friendship Terrace sundial.
- Go swimming at Wilson Highschool.
- Have a picnic on the dining room patio with your neighbors.
- Plan game nights amongst yourselves.
- Watch classic movies while sharing popcorn with your friends (on any evening).
- Watch the sunset on the 6 th floor (terrace level)

If you have any fun and creative suggestions to add to our list, please get them to your Service Coordinator.

Happy August my friends :)
Rahell & Mary



Seabury  at Friendship Terrace
Senior Living



Catholic Mass



August 4, 2023
2:00pm—3rd Floor Lounge

Coffee Chat w/ Mary



August 16, 2023
11am— 2nd Floor Lounge

Episcopal Eucharist Service



August 17, 2023
2:30pm— 3rd Floor Lounge

Shabbat Service



August 18, 2023
3:30am— 3rd Floor Lounge

Health Providers Corner

Providers see residents in the Wellness Center, 1st Floor



Suggestions/Comments Welcome

If you would like to leave comments or suggestions for the Service Coordinators feel free to call the front desk and place your concerns along with your name and apartment number.

We welcome your feedback!

Rahell Negash

(202) 244-7400 Ext. 106

Mary Toussaint

(202) 244-7400 Ext. 109

ADMINISTRATOR REVIEW

A Month to Celebrate!

The month of August comes with a lot of things to celebrate. Hopefully we will begin to settle into beautiful temperatures and sunshine, because I'm sure we're had enough of this heat wave. We always try to schedule resident outings for early in the day to avoid dehydration 'Drink more water' becomes the theme for these hot summer days. August is the month when most families take their vacations. Some go to the beach (to get even hotter) and some head for the mountains to try and cool off. We like to think that living at Friendship Terrace is just one long vacation for our residents. Why go anywhere when you can spend your days enjoying a constant temperature of 74 degrees and non-stop activities? Our musical entertainment events continue to multiply as do our daily programs lead by our Activity Director, Cindy Brockington. We would like to invite all of our residents and any of our families who are not on vacation, to join us for our Annual Hawaiian Luau at the end of the month. It will be a fun celebration!

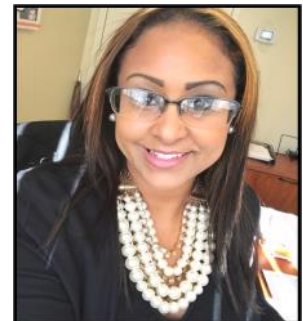
A Few Important Building Reminders:

- **The recycling containers are for paper only. This does not include take out containers with food or trash. Please place all other trash in the trash rooms and remember to break down boxes so that others can access the trash chutes.**
- **Please remember to lock your apartment doors, do not exit the building through the patio doors on the first floor, leaving easy access to the building and never prop exit doors open.**
- **Smoking is prohibited in the building. Anyone smoking must be 25 feet away from the building.**
- **We have available storage lockers for rent. Please see John Pekala in the management office for more details.**

Finally, our monthly Terrace Talks will be held on Friday, August 25th at 2pm in the dining room. I hope you will all be able to attend. The Friendship Terrace Team has one goal in their minds and hearts and that is to our residents the best experience they possibly can. We celebrate the opportunity to live in such a great community with the chance to enhance the lives of our residents!



Happy August!
Semira Negasi
Executive Administrator



SEABURY PAGE**TIPS FOR HOMEBOUND SENIORS****TIP #1**

If you are able, move around the house

Regular light exercise provides increased energy levels, a better mood, more relaxation, and can lead to better sleep. Taking small walks around the house or backyard and doing concentrated muscle exercises will keep your blood flowing and help you feel your best.

TIP #2

Enjoy fresh, healthy meals

Good nutrition habits will help you feel your best and can also help you avoid additional health concerns such as high blood pressure, osteoporosis, diabetes, obesity, and heart disease.

Pay attention to nutrition facts labels.

TIP #3

Work your mind

Taking care of your mind is as important as caring for your body as you age. Though older adults are at an increased risk of developing neurological and mental health disorders such as dementia and depression, there are some helpful ways to boost brain-health.

**Watch Dawn Quattlebaum, Seabury CEO, share some helpful tips!
Subscribe to our YouTube channel.
<https://bit.ly/3TBoTCN>**

OUR MIAMI RECEPTION:

When Mildred and I arrived in Miami during the spring of 1974, we had already lived in New York City; Lawrence, Kansas; and Chicago. These were all racially desegregated neighborhoods, the kind that we thought would be best for helping our children understand early on that people are just people, race notwithstanding. Coming to Miami, Florida, we could not take for granted that the pattern would hold.

Mildred trusted me enough to go alone to Miami to find us a house. I very specifically requested that the realtor show me only houses located in racially mixed neighborhoods. The first house that was presented was a quaint three-bedroom bungalow, egg-shell yellow, trimmed in white, with a very tall coconut tree, full of coconuts, standing stately in the front yard, and the price was right. I saw no need for further exploration.

After we moved in, I went up and down the block looking for my African American neighbors. Did not see a single Black person. I was furious, as furious as I am capable of getting. I wasted no time in calling the realtor and exclaimed that I had asked to be shown a racially mixed neighborhood and I was prepared to “bless her out”, as we say down south. She simply said, “It is now”, and disconnected.

That was our introduction to Miami, but not the reception that would come later. I do not know why or how it happened, but Mildred and I were immediately considered to be among the *elite noirs*. I had not noticed it at first.

I kept getting requests to appear on radio and television talk shows. I began to take notice when Diane Smith Gaines and her famous

husband Ernest Gaines (The author of The Autobiography of Miss Jane Pittman) put us on their VIP list as guests for their annual New Year's Eve party. Then, there was this invitation from the Great Britain, inviting me to spend a whole month in the UK, as guests of their government, followed by being selected to have lunch with the Queen when she visited Miami.

On October 26, 2010, the Dalai Lama came to Miami to present a lecture at Florida International University. A relatively few people were invited to have lunch and dialogue the Dalai Lama. Mildred and I were among the invitees.

We were on the VIP list of Eduardo Padron, the president of Miami Dade Community College, which resulted in getting invited to functions when world famous (and infamous) people were honored, including B.B. King and Putin.

When President Clinton visited Miami, the president of Barry University selected me to be the official representative of the university to greet and dine with the President. She also selected me to pose for a painting with her that became the front cover of the brochure of the university.

We never considered ourselves to be other than ordinary people. However, when I consider the reception that we received in Miami, it appears that we were perceived differently by others.

**By: Gilbert Raiford –1/16/23
Residents of Friendship Terrace**

Iris Carter



Iris Carter has resided at Friendship Terrace since December 2022. I first met Iris Carter when she appeared at my apartment door and stated “I was informed that you had a printer I could use since the 4th floor printer is not working.” That was my introduction to one of Friendship Terrace’s new residents, Iris Carter.

I discovered through our subsequent conversations that Iris was born in Washington, DC. Iris who is a magnificent resource and through conversation Iris also informed me that although she was born in Washington, DC she has also resided in the states of Massachusetts, Minnesota, North Carolina, and Virginia.

Iris stated that during her formative years in North Carolina, she and her two brothers had fantastic experiences. They lived on a 54-acre farm with their grandparents. Through the churches, Iris joined clubs, attended concerts, and during the summer they travelled to other parts of the United States visiting museums and interacting with others with different experiences.

IN THE SPOTLIGHT PAGE

When Iris returned to Washington, DC, she graduated from Roosevelt High School and received additional education through a highly professional training program focusing upon office administration. With that training Iris went on to secure a position with private industry and the DC Public School system.

I learned that Iris has been a passionate horseback rider and in her earlier years, enjoyed visiting the Howard Theater in Washington, DC. At the Howard, she “swooned” while seeing stars such as: Marvin Gaye, the Temptations, the O’Jays, the Four Tops and a host of other Rock and Roll performers.

Iris also had the pleasure of serving as the liaison in the Leadership Club at Macfarland Middle School sponsored by the United States Secretary of State Colin Powell. During her employment with this organization, Iris played a major role in steering young people towards positive life experiences.

In 2004 Iris and her husband moved to Waynesboro, VA, the valley of the Blue Ridge Mountains. There Iris obtained a job with the Waynesboro City Public School system where she worked as a Instructional Assistant in special education and retired in 2020. In 2015 Iris received the Community Foundation Dawbarn Award for excellence in education. Factors driving this award were Iris had the leading community service club (Interact) at Waynesboro High School, youth choir at her church and also a step team. She also assisted numerous students in preparing for college and employment.

Now that she is a Friendship Terrace resident, Iris enjoys interacting with the residents and the activities available,

IN THE SPOTLIGHT PAGE

such as: bingo; trivia; physical exercise classes, FTRA and others.

I also had the pleasure of meeting Iris' four-year-old great grandniece Nova Hall. I learned through Nova that she and her three brothers reside with their mother in the state of Virginia.

Nova also informed me that she enjoys interacting with her brothers playing games and having fun. Nova likes coming to Seabury because she loves the "people" as she calls the residents here. Nova said she likes seeing and chasing the squirrels, rabbits, birds, and deer. She also likes taking walks in the adjoining neighborhoods.

Nova shared with me that her goal in life is to become a ballerina. Nova's ballerina goal is further inspired by Lynn Schrichte, a Friendship Terrace resident who is a former professional ballerina/actress.

It is obvious that Iris is a great additions to the Friendship Terrace family. And it is safe to say that Nova has stolen the hearts of numerous Friendship Terrace residents.

**Written by:
Buddy Moore,
Iris Carter and
Nova Hall**



PUZZLE PAGE

Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

ONESTOPWORDSEARCH

DACL INFORMATION PAGE

DC Department of Aging and Community Living (DACL) (DACL)

The Department of Aging and Community Living (DACL) serves District residents 60 and older, adults living with disabilities, and those who care for them. In partnership with more than 20 community-based organizations across the city, we offer more than 40 free or low-cost programs to help all District residents live boldly at any age, stage, or ability.

Through a variety of programs including community activities and events, nutrition and transportation services, healthcare and insurance counseling, caregiver support resources, and adult protective services, we are building a District where we can all thrive together in the communities we know and love.

Connect with our team today at (202) 724-5626 so we can work together to help keep you happy, healthy, and connected to a community that sees and values you.

<https://dacl.dc.gov>

[\(202\) 724 - 5626](tel:(202)724-5626)

English - Department of Aging and Community Living

dacl@dc.gov



Supported by the D.C. Department of
Aging and Community Living.

FTRA PAGE

News and Views from FTRA July 2023

Have we been around a month already? Time does fly! We have been busy preparing for our very successful Art Exhibit, which could not have been possible without the leadership of Shirley Lee and Barbara Miller, to whom I am greatly indebted, as well as the cooperation of John Seitz, who was a tremendous help in putting it all together and staying with us through the two days. Members of the FT staff, were also very helpful and supportive. It was much harder work than we had considered, but given the feedback we have received, I would say it was worth it. Thank you all, for making this activity a success.

We have some very talented people in our midst. I am sure there are more of you out there, and perhaps seeing the results of this first exhibit, you will be encouraged to volunteer to participate next time. We are also considering a performing arts event later this year. Feel free to begin to tune your instruments, practice your dances, poems, declamations, etc.

Our Forum this month was also quite an accomplishment. It was led by our second VP, Lloyce West, with the assistance of our first VP, Muhammad Abu-Bakr, and the help of Iris Green Carter, who served as recorder. From all reports, our VPs did an excellent job and, equally important, the participating residents brought up wonderful ideas for activities we hope to undertake this year. Some of the activities suggested can be readily adopted, and other will require further development. We will keep you informed of our progress.

We also hope to be able to repeat this forum periodically as a means of having all of us involved in the goal at hand, creating greater community and participating together. Keep on your thinking caps. We can all make a difference. We already have several volunteer committee chairs. Portia Stewart will continue in the role of Hospitality Chair, she will be enrolling some of you to help with the tasks of this committee; Anne Brunson will chair the Garden and Greenhouse Committee, and she too will be looking for those who want to participate in keeping things green. First VP, Muhammad Abu Bakr, is in charge of Bingo; Daniel Lopez will be helping bring the birthday cakes (once we decide where we will blow the candles and share the cake); Vance Gage will continue to be in charge of our library; and Silas Jackson will continue to be in charge of Mints and Music.

We still need volunteers for Health and Safety; Arts, Education and Entertainment; Technology; and Movies (not just to run the movies, but to enlist others to help with their selection). Anyone interested, please talk to me about plans and ways in which the Council can provide support.

I am excited by all you are bringing to the Council and to the goal of creating and stimulating community at Friendship Terrace. Together we can accomplish much more! Thank you for your support!

**Happy August!
Eda Valero-Figueira FTRA President**

FRIENDSHIP TERRACE ADMINISTRATIVE STAFF

Main Number # 202/244-7400

Fax # 202/362-2587

Semira Negasi	Executive Director	Snegasi@seaburyresources.org
John S Pekala III	Director of Business Affairs	Jpekala@seaburyresources.org
Antranishia Watkins	Marketing/Admissions	Awatkins@seaburyresources.org
Mary Toussaint	Service Coordinator	Mtousaint@seaburyresources.org
Rahell Negash	Service Coordinator	Rnegash@seaburyresources.org
Cindy Brockington	Activity Director	Cbrockington@seaburyresources.org
Jerrell Allen	Maintenance Director	Jallen@seaburyresources.org
Samuel Reuto	Food Service Director	Wilfran.reuto@sodexo.com

LOCAL NUMBERS

Adult Protective Services	202- 541-3950
Comcast	301-424-4400
CVS Pharmacy	202-537-1587
Georgetown University Hospital	202-444-2000
Holy Cross Hospital	301-754-7000
Iona Senior Services	202-895-9448
Metro Access	301-562-5360
Providence Hospital	202-269-7000
Roberts Home Medical Supply	301-353-0300
Rodman's Drug Store	202-363-3466
Safeway Pharmacy	202-364-0320
Sibley Memorial Hospital	202-537-4000
Suburban Hospital	301-896-3100
St. Columba's Episcopal Church	202-363-4119
Verizon	800-837-4966
Veterans Administration Hospital	202-745-8000
Washington Hospital Center	202-877-7000
Washington Post	800-477-4679
Whole Foods Market	202-237-5800
Transport DC \$5 Taxi(members only)	844-322-7732
Yellow Taxi Cab	202-544-1212
Target	202-292-5573
Department of Aging and Community Living	202-724-5626
US Postal Service	800-275-8777